

The treatment of Fertility at the Wellness Center

The first written records involving the treatment of gynecological problems with acupuncture and herbal medicine date back to the Shang Dynasty (1500BC-1000BC).

Dr. Martin's Traditional Chinese medicine views the fertility patient as a complete ecosystem that integrates body, mind and spirit. The goal of treatment is to bring about physical and e-mental homeostasis.

At **The Wellness Center** we use acupuncture and holistic modalities to treat infertility, although, many times, and under certain circumstances, it is best used in conjunction with western medicine.

Research studies have demonstrated that acupuncture used as a concurrent method with IVF significantly improves conception rates.

Pathological factors that cause infertility are brought about by hereditary factors, nature, constitution and life style.

Our approach to diagnosing fertility helps patients to understand how their imbalances can occur. We then provide them with knowledge and tools to support change. Oriental medicine attributes infertility to a series of reasons:

- Weak constitution. If a woman is too old at the time of conception, and also if a parent was suffering from illness, their condition can be transferred in the DNA to the child.
- Physical and emotional stress, overwork, lack of rest and sleep. Overwork without the appropriate rest, irregular diet, and lack of sleep will cause general weakness which could lead to problems with the menstrual cycles, which in turn will affect the flow of circulating blood and nutrients to the womb. Naturally a person needs eight or nine hours of sleep, prolonged periods of time without proper sleep will cause decrease energy, including reproductive energy.
- Intense physical work, strenuous exercise and sports, especially at the time when a young girl is developing through puberty, will impact the development and maintenance of a fully functional reproductive system.
- An increasingly growing issue is children beginning puberty at an alarming young age and becoming sexually active during a crucial time, when their reproductive system is still in formation. Furthermore, excess of sexual activity can weaken the reproductive system. Moreover, girls start taking anti-conception medication at a very young age, altering the natural menstrual cycles. Sometimes young people acquire sexually transmitted diseases and infections that go untreated. Infections can lead to scar tissue that interferes with pregnancy.
- Another possible cause for infertility is Cold. Young women exposed to too much cold during their puberty, by participation of sports, exposure to cold and dampness, especially during their period may cause Cold invading the uterus.

- Diet and nutrition have a strong impact on the reproductive system. Cold foods, and icy foods and drinks bring about Cold that accumulates and penetrates the Uterus. A diet containing pesticides, chemical additives, fertilizers, artificial flavors, colors, added hormones as in milk and dairy foods, poultry and meats, which also contain chemicals, processed foods like white sugar, flour, rice which are added to thousands of packaged foods, heavy metals like lead, mercury, aluminum, etc. are the cause of acute and chronic disease, including disorders of the reproductive system.
- Excess consumption of greasy foods, alcohol, caffeine and sweets, creates Dampness in the lower abdomen, which could cause blockage of the fallopian tubes and other dysfunctions.
- Although the reasons of disease can be explained using different eastern or western terms, the method of treatment is always intended to effect the reproductive system by regulating the menses, balancing hormonal levels, treating a polycystic disorder, endometriosis, etc.
- From the western point of view medical pathologies are explained using a different type of rationale as to the reasons for infertility.
- From the time a woman becomes 38 years old, the ovaries start to decline and consequently the quality of eggs are also declining. These eggs are more difficult to fertilize or they stop fertilizing. In order to help with fertilization, the levels of a hormone (FSH) Follicle Stimulating Hormone increases. When the levels of this hormone appears to be over 10, it signifies that the quality of the ovaries is poor, the ovaries are declining in their ability to function, making the pregnancy more difficult. When the woman becomes pregnant she has more difficulty keeping the embryo nourished and peaceful, and many times the embryo simply dies. Also when the ovaries are not healthy, the estrogen and progesterone levels also decrease, this causes a thinning of the endometrium which is a necessary factor for the implantation of the embryo.
- Another condition of the ovaries is the inability to ovulate. This can be a condition of general aging, or hormonal caused, treating the polycysts and endometriosis.

DIAGNOSIS OF INFERTILITY

When diagnosing fertility we differentiate between an Excess or a Deficiency problem. We determine if we need to nourish the energy of the body or to eliminate the pathogenic factors.

Deficiency means that there is a lack of essential substances for conception as in Blood and Essences.

SYMPTOMS SURVEY

We classify acupuncture methods and herbal formulas according to differentiation of patterns.

We are giving you various classifications. As best as possible mark those signs and symptoms that you feel most define your situation.

Pattern of Kidney Yang Deficiency

- | | | | |
|--------------------------|---------------------------|--------------------------|--------------|
| <input type="checkbox"/> | Prolonged menstrual cycle | <input type="checkbox"/> | Feeling cold |
| <input type="checkbox"/> | Scanty or heavy period | <input type="checkbox"/> | Depression |
| <input type="checkbox"/> | Frequent Urination | <input type="checkbox"/> | Dizziness |
| <input type="checkbox"/> | Backache | | |

Kidney Yin deficient

- | | | | |
|--------------------------|---|--------------------------|-------------------------------|
| <input type="checkbox"/> | Long term infertility | <input type="checkbox"/> | Night-sweating |
| <input type="checkbox"/> | Periods early | <input type="checkbox"/> | Dizziness |
| <input type="checkbox"/> | Scanty periods with light colored blood | <input type="checkbox"/> | Tinnitus (ringing in the ear) |

Blood deficiency

- | | | | |
|--------------------------|----------------|--------------------------|-----------------|
| <input type="checkbox"/> | Scanty periods | <input type="checkbox"/> | Depression |
| <input type="checkbox"/> | Pale blood | <input type="checkbox"/> | Dizziness |
| <input type="checkbox"/> | Delayed cycle | <input type="checkbox"/> | Pale complexion |
| <input type="checkbox"/> | Tiredness | | |

Cold in Uterus

- | | | | |
|--------------------------|---------------------|--------------------------|------------------------------|
| <input type="checkbox"/> | Primary infertility | <input type="checkbox"/> | Feeling colder during period |
| <input type="checkbox"/> | Delayed cycle | <input type="checkbox"/> | Pale face |
| <input type="checkbox"/> | Scanty period | <input type="checkbox"/> | Feeling cold |
| <input type="checkbox"/> | Small clots | <input type="checkbox"/> | Sore back |
| <input type="checkbox"/> | Painful period | <input type="checkbox"/> | Better with heat |

Dampness in the lower burner

- | | | | |
|--------------------------|-------------------|--------------------------|-----------------------|
| <input type="checkbox"/> | Irregular periods | <input type="checkbox"/> | Long-term infertility |
| <input type="checkbox"/> | Delayed cycle | <input type="checkbox"/> | Adhesions |
| <input type="checkbox"/> | Mid-cycle pain | <input type="checkbox"/> | Obesity |
| <input type="checkbox"/> | Vaginal discharge | <input type="checkbox"/> | Feeling of heaviness |

Blood-Heat

- Early periods (short cycle)
- Up to twice a month
- Heavy flow

- Thirst
- Mental restlessness
- Feeling hot during period

Stagnation of Qi

- Irregular periods
- Pre-menstrual tension
- Painful periods

- Breast distension
- Irritability

Stasis of Blood

- Irregular and painful periods
- Dark blood with clots
- Irritability

- Maniac behavior
- Mental restlessness
- Abdominal pain